



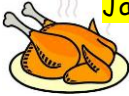







To ensure quality of dishes it may be necessary to occasionally offer suitable alternative products to those shown on this menu without prior notice

## Autumn Term 2016 - Menu supplied by Lacey Gardens Junior School

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 31/10/16 21/11/16 12/12/16	<p><b>*Spaghetti Bolognese</b> or <b>*Quorn Bolognese</b> with Wholemeal Baguette &amp; Sweetcorn Or <b>Jacket Potato</b></p>  <p>Chocolate &amp; Pear Sponge with Custard</p>	<p><b>Salmon Fishcake</b> or <b>Cheese &amp; Vegetable Bake</b> with Savoury Wholegrain Rice &amp; Carrots Or <b>Jacket Potato</b></p> <p>Oaty Mixed Fruit Crumble with Custard</p>	<p><b>*Baked Ham</b> or <b>*Quorn Sausages</b> with New Potatoes, Baby Carrots, Broccoli &amp; Gravy Or <b>Jacket Potato</b></p>  <p>Fresh Fruit Salad/Yogurt</p>	<p><b>*Chicken Casserole</b> or <b>*Vegetable Casserole</b> with Mashed Potato &amp; Cabbage Or <b>Jacket Potato</b></p> <p>Lemon Crunch &amp; Custard</p>	<p><b>Crispy Chicken Fillet</b> or <b>Veggie Nuggets</b> with Herbed Diced Potatoes &amp; Garden Peas Or <b>Jacket Potato</b></p> <p>Chocolate Brownie &amp; Custard</p>
2 07/11/16 28/11/16 19/12/16	<p><b>Cheese and Ham Pizza</b> or <b>Cheese and Tomato Pizza</b> with ½ Jacket Potato &amp; Side Salad Or <b>Jacket Potato</b></p>  <p>Lemon &amp; Peach Sponge with Custard</p>	<p><b>*Cottage Pie</b> or <b>*Quorn Cottage Pie</b> with Cabbage, Sweetcorn &amp; Gravy Or <b>Jacket Potato</b></p>  <p>Oaty Apple Crumble &amp; Custard</p>	<p><b>*Roast Chicken &amp; Stuffing</b> or <b>*Quorn Sausage</b> with Roast Potatoes, Green Beans, Carrots &amp; Gravy Or <b>Jacket Potato</b></p>  <p>Fresh Fruit Salad/Yogurt</p>	<p><b>*Lasagne</b> or <b>*Vegetable Lasagne</b> with Wholemeal Baguette, Peas &amp; Sweetcorn Or <b>Jacket Potato</b></p>  <p>Syrup Sponge with Custard</p>	<p><b>Fishcake</b> or <b>Cheese &amp; Potato Bake</b> with Oven Baked Wedges &amp; Garden Peas Or <b>Jacket Potato</b></p> <p>Iced Sponge</p>
3 14/11/16 05/12/16	<p><b>*Sausages</b> or <b>*Quorn Sausages</b> with Mashed Potatoes &amp; Green Beans Or <b>Jacket Potato</b></p>   <p>Pineapple Sponge &amp; Custard</p>	<p><b>*Chicken Pasta Arrabattia</b> or <b>*Vegetable Pasta</b> with Petit Pois Or <b>Jacket Potato</b></p> <p>Cherry Crumble &amp; Custard</p>	<p><b>*Roast Beef &amp; Yorkshire Pud</b> or <b>*Quorn Sausages</b> with Roast Potatoes, Carrots, Cauliflower &amp; Gravy Or <b>Jacket Potato</b></p>   <p>Fresh Fruit Salad/Yogurt</p>	<p><b>*Chicken &amp; Leek Pie</b> or <b>*Vegetable Lattice</b> with New Potatoes &amp; Broccoli Or <b>Jacket Potato</b></p> <p>Rice Pudding</p>	<p><b>Fish Fingers</b> or <b>Veggie Fingers</b> with Oven Chips &amp; Sweetcorn Or <b>Jacket Potato</b></p> <p>Fruity Flapjack</p>

Cheese, Beans, Tuna and Wholewheat Spaghetti Hoops available for Jacket Potatoes. Wholemeal bread, Fruit and Yogurts are available daily. All meat and vegetables are locally sourced.

\* May contain nuts - For a full list of allergens please visit Lacey Gardens Website [www.laceygardens.lincs.sch.uk](http://www.laceygardens.lincs.sch.uk) \* Freshly prepared on the premises